

Full Report (All Nutrients) 19924, Syrup, NESTLE, chocolate

Report Date:October 24, 2015 19:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 20g
Proximates					
Water	g	31.92	--	--	6.38
Energy	kcal	269	--	--	54
Energy	kJ	1125	--	--	225
Protein	g	0.00	--	--	0.00
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	0.87	--	--	0.17
Carbohydrate, by difference	g	67.21	--	--	13.44
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	60.00	--	--	12.00
Sucrose	g	59.86	--	--	11.97
Glucose (dextrose)	g	0.00	--	--	0.00
Fructose	g	0.00	--	--	0.00
Lactose	g	0.00	--	--	0.00
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	0	--	--	0
Iron, Fe	mg	0.00	--	--	0.00
Magnesium, Mg	mg	40	--	--	8
Phosphorus, P	mg	58	--	--	12
Potassium, K	mg	122	--	--	24
Sodium, Na	mg	150	--	--	30
Zinc, Zn	mg	0.55	--	--	0.11
Copper, Cu	mg	0.308	--	--	0.062

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 tablespoon 20g
Manganese, Mn	mg	0.308	--	--	0.062
Selenium, Se	µg	1.5	--	--	0.3
Fluoride, F	µg	25.7	--	--	5.1
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.006	--	--	0.001
Riboflavin	mg	0.031	--	--	0.006
Niacin	mg	0.173	--	--	0.035
Pantothenic acid	mg	0.020	--	--	0.004
Vitamin B-6	mg	0.009	--	--	0.002
Folate, total	µg	3	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	1
Folate, DFE	µg	3	--	--	1
Choline, total	mg	0.9	--	--	0.2
Betaine	mg	0.0	--	--	0.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	3	--	--	1
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.2	--	--	0.00
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 20g
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Phytosterols	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.023	--	--	0.005
Threonine	g	0.062	--	--	0.012
Isoleucine	g	0.060	--	--	0.012
Leucine	g	0.094	--	--	0.019
Lysine	g	0.078	--	--	0.016
Methionine	g	0.016	--	--	0.003
Cystine	g	0.019	--	--	0.004
Phenylalanine	g	0.075	--	--	0.015
Tyrosine	g	0.058	--	--	0.012

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 20g
Valine	g	0.093	--	--	0.019
Arginine	g	0.088	--	--	0.018
Histidine	g	0.027	--	--	0.005
Alanine	g	0.072	--	--	0.014
Aspartic acid	g	0.155	--	--	0.031
Glutamic acid	g	0.234	--	--	0.047
Glycine	g	0.070	--	--	0.014
Proline	g	0.067	--	--	0.013
Serine	g	0.067	--	--	0.013
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	18	--	--	4
Theobromine	mg	163	--	--	33